

# Breastfeeding Is an Investment in Health, Not Just a Lifestyle Decision

We are here to help you through the breastfeeding journey.

## Indications that a pregnant or new mother may require a Lactation Consultant:

- History of breast surgery
- Minimal or no breast changes during pregnancy
- History of low milk supply
- Breast or nipple pain
- Engorgement
- Anxiety regarding lactation and breastfeeding
- Marked breast or nipple asymmetry
- Concerned about pumping

## Indications that an infant may require a Lactation Consultant:

- Persistent difficulty latching
- Inadequate diapers for baby's age
- Infants fretful at breast (squirming, crying, pulling off breast)
- Inadequate weight gain



## Lactation Services

Call our lactation office at **317.736.2698** to discuss your concerns.

Private lactation appointments are available.



**JOHNSON  
MEMORIAL  
HEALTH**

*Great care starts here.*